

2005 Fitness Source
Group Exercise Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
6:45-7:30a.m. PRT Training	6:45-7:30a.m. Cycle	6:45-7:30a.m. PRT Training	6:45-7:30a.m. Cycle			
9:00-10:00a.m. Getting Started Toning		9:00-10:00a.m. Getting Started Yoga		9:00-10:00a.m. Getting Started Toning	9:15-10:00a.m. Interval	9:15-10:00a.m. Grab Bag
11:15-12:00p.m. Cycle Ultimate Cardio Step	11:15-12:00p.m. Cycle	11:15-12:00p.m. Cycle Power Flex	11:15-12:00p.m. Cycle	11:15-12:00p.m. Cycle Power Flex		10:00-11:00a.m. Pilates
	12:00-12:45p.m. Yoga	12:00-12:45p.m. Pilates	12:00-12:45p.m. Yoga	12:00-12:45p.m. Pilates		*Aqua* <u>Aerobics</u> Mon.-Fri. 11a.m.-12p.m. Mon&Wed 5-9 pm \$2/visit or \$10/month At the gym pool
4:00-4:15p.m. Ab Attack		4:00-4:15p.m. Ab Attack	4:00-4:15p.m. Ab Attack			
4:15-5:00p.m. Cycle Just Step	4:15-5:00p.m. Power Flex	4:15-5:00p.m. Cycle Step 101	4:15-5:00p.m. Just Step	4:15-5:00p.m. Interval		
5:00-6:00p.m. Just Step	5:00-6:00p.m. Step-Tone	5:00-6:00p.m. Hi-Lo Ultimate Cardio	5:00-6:00p.m. Power Flex	<u>Pool Hours</u> <i>Mon-Fri</i> 6:00-8:00a.m. -- Lap Swim 11:00-1:00p.m. -- Lap Swim 4:30-8:00p.m. -- Recreational <i>Sat & Sun</i> 11:00-2:30p.m. -- Recreational		
6:00-7:00p.m. Power Flex	6:00-7:00p.m. Cardio Kickboxing	6:00-7:00p.m. Step-Tone	6:00-7:00p.m. Step-Tone			
7:00-7:55p.m. Pilates						

updated January 2005